Being My Best Me

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ABSTRACT

Children who are orphaned or live in foster care/children’s homes, are often faced with greater psychological, educational, emotional and health challenges. In order to combat these challenges, I created an intervention that included a series of workshops, interactive sessions, speakers and events to fill the gap between formal knowledge gained in school and the skills needed to navigate the intersection of personal life and professionalism as adolescents and young adults.

METHODS

- Windshield survey
- Site Survey
- Needs Assessment
- Brainstorming
- Intervention/ Curriculum Development
- Intervention implemented
- Biweekly sessions
- Participants were in the residential program on site
- Event attendance included approximately 20 youth and their counselors
- Intervention Evaluation

RESULTS

School discusses stress management
Use Dance as Exercise in the Future

Meditated before event
meditated since event/Future

Learned new info from STD Jeopardy
Self esteem/ Healthy Relationship session was useful

Better understanding of appropriate social media post
Food labels presentation useful

W2R: How it changed your eating habits

CONCLUSIONS

Children raised in children’s homes have what we would consider their primary necessities met including shelter, food, medical care and an education; however, due to unstable family environments or other social factors, these children may not gain certain life skills that will aid them in being well rounded. This can leave children raised in orphanages at a disadvantage in adolescence and even into adulthood. The purpose of the Being My Best Me series was to bridge the gap between formal education and real world expectations.